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Si usted necesita servicios de intérprete, por favor llame al teléfono (800) 431-4135 si vive en Central Oregon o al teléfono (855) 204-2965 si vive en Columbia Gorge.

You can get this in another language, large print, or another way that's best for you. Call us toll-free at (800) 431-4135, TTY users call (800) 735-2900.

**PacificSource Community Solutions Video Transcript:
Video 1: *Understanding Your Benefits***

Welcome to PacificSource Community Solutions.

As a Coordinated Care Organization, we're a group of health and dental doctors working together to provide care for you as a member of the Oregon Health Plan.

Now that you've got health insurance, you probably have questions. You may want to know who your primary care provider is, what benefits are covered, and how to get started.

As a new Oregon Health plan member, you'll get two ID cards in the mail. Keep your Oregon Health Plan card in a safe place and your PacificSource Community Solutions ID card with you at all times. This card shows you who your primary care provider is. Show this card to your doctor or pharmacy to let them know you have health insurance. Your doctor will help you with all your care and will know your health better than anyone else.

Just like kids get checkups, adults should too. Seeing your doctor regularly, even when you aren't sick, can help you stay healthy. That's why you're covered for regular checkups, prescriptions and other benefits like dental, vision and mental health and special benefits if you're pregnant or have children.

To get the most out of your new plan, a good first step is to review our website and member handbook. It will tell you what's covered, what isn't and how much you can expect to pay for services.

If you've got questions about this information or your plan, we're here for you. Just give us a call or visit us online.

At PacificSource Health Plans, we're here to help you live the healthiest life possible.